



Size: see table below.



Yarn: 100 gm Color 2175 or 100 gm Color 2173 or 100 gm Color 2174 "Single Disk" (75 % Wool, 25 % Polyamid, length 420 m/100 gm).

Needles: One set double pointed needles 2.5mm - 3mm, 20 cm long; Markers.

Special abbreviations: St st – Stockinette Stitch worked in rounds: K throughout. **2 x 2 Rib:** * K2, p2, rep from * throughout.

Tension: 30 sts and 42 rows to 10 cm, measured over St st using 3mm needles.

Note: Instructions and stitch counts are for based on working sock in size 36/37 or Woman's US 6.

Version 1 - with short rows

Double Stitch: When instructed to do so, work a Double stitch as follows after the turn: Insert needle point from right to left into 1st st, sl st and working yarn tog, pull working yarn firmly to back. The st is drawn over the needle and now appears double. Holes might appear when the yarn is not pulled firmly enough.

Boomerang heel: Work the boomerang heel in rows in St st over sts on needles 4 and 1. Divide heel sts in 3 parts = 10 sts each part, work short rows with Double sts from outside to inside. **Row 1 (RS):** Knit all sts on needles 4 and 1, turn. **Row 2 (WS):** Start with 1 Double st: Position heel at front of work, insert needle point from right to left into 1st st, sl st and working yarn tog, pull working yarn firmly to back, the st is drawn over the needle and is now double. Holes might appear when the yarn is

not drawn firmly enough. Purl rem sts as before incl last st on 4th needle, turn. **Row 3:** Work 1 Double st, knit to end, leaving the Double st unworked at the end of row on 1st needle, turn. **Row 4:** Work 1 Double st, purl to end, leaving the Double st unworked at the end of row on 4th needle, turn. Rep Rows 3 and 4 until there are 10 Double sts each side and 10 single sts at centre. **Next Round:** Knit to end, at same time knit tog both parts of Double sts as one st. **Next Round:** Knit to end. Work again short rows with Double sts, but this time from inside to outside:

Row 1 (RS): K20 of heel, turn. **Row 2 (WS):** Work 1 Double st, purl to end incl last st of centre third, turn. **Row 3:** Work 1 Double st, knit to Double st of previous row, knit this tog as given, k1, turn. **Row 4:** Work 1 Double st, purl to Double st of previous row, purl tog this st as given, p1, turn. Rep Rows 3 and 4 until 10 Double sts are worked at each side. Last row is a RS row and at the same time the beg of the first round of foot.

Foot: Knit again in rounds until foot meas 20 cm from centre of heel.

Toe: Next Round (dec): 1st needle: knit to last 3 sts, k2tog, k1; 2nd needle: k1, sl1, k1, pss0, knit to end; 3rd needle: knit to last 3 sts, k2tog, k1; 4th needle: k1, sl1, k1, pss0, knit to end = 56 sts = 14-14-14-14 sts. Work 3 rounds. **Next Round (dec):** 1st needle: knit to last 3 sts, k2tog, k1; 2nd needle: k1, sl1, k1, pss0, knit to end; 3rd needle: knit to last 3 sts, k2tog, k1; 4th needle: k1, sl1, k1, pss0, knit to end = 52 sts = 13-13-13-13 sts. Work 2 rounds. Rep last 3 rounds once more = 48 = 12-12-12-12 sts. **Next Round (dec):** 1st needle: knit to last 3 sts, k2tog, k1; 2nd needle: k1, sl1, k1, pss0, knit to end; 3rd needle: knit to last 3 sts, k2tog, k1; 4th needle: k1, sl1, k1, pss0, knit to end = 44 = 11-11-11-11 sts. Work 1 round. Rep last 2 rounds 2 times = 36 = 9-9-9-9 sts. Rep decs in every foll round to 8 sts = 2-2-2-2 sts. Break yarn, thread through rem sts, pull up and secure.

Version 2 - traditional heel:

Sts of heel are worked across 4th and 1st needles only, leaving rem sts on holder. Work in rows and knit edge sts each row. For each size work 2 rows less in length than there are stitches on the 2 working needles (i.e., size 38/39 are 28 rows total). **Row 1 (RS):** K1, knit to end of row. **Row 2 (WS):** K1, purl to end of row. Repeat Rows 1 & 2 until correct number of rows for size is reached. Turn Heel. Divide heel sts evenly onto 3 needles = 10-10-10 sts. In next RS row * knit to last st on 2nd needle, slip this st, knit first st on 3rd needle, pss0, turn, slip first st purlwise, purl to last st on 2nd needle and purl this st tog with first st on 1st needle, turn. Slip first st, rep from * until all sts on 1st and 3rd needles have been worked = 10 sts. Slip these 10 sts onto 2 needles, 5 sts on 4th needle, 5 sts on 1st needle, and resume working in rounds. At the same time pick up and knit 15 st from row end edge of heel, work in patt across sts on 2nd and 3rd needle, using 4th needle, pick up and knit 15 sts from opposite row end edge of heel, knit 5 rem sts. There are 5 sts more on 1st needle and 4th needle. In every foll 3rd round dec 2 sts as foll: knit to last 2 sts on 1st needle, k2tog, on 4th needle K1, sl1, k1, pss0. Rep decs on these two needles until same number of sts are on every needle. Cont until foot measures 20 cm from centre of heel. **Foot:** Knit again in rounds until foot meas 20 cm from centre of heel. **Toe: Next Round (dec):** 1st needle: knit to last 3 sts, k2tog, k1; 2nd needle: k1, sl1, k1, pss0, knit to end; 3rd needle: knit to last 3 sts, k2tog, k1; 4th needle: k1, sl1, k1, pss0, knit to end = 56 sts = 14-14-14-14 sts. Work 3 rounds. **Next Round (dec):** 1st needle: knit to last 3 sts, k2tog, k1; 2nd needle: k1, sl1, k1, pss0, knit to end; 3rd needle: knit to last 3 sts, k2tog, k1; 4th needle: k1, sl1, k1, pss0, knit to end = 52 sts = 13-13-13-13 sts. Work 2 rounds. Rep last 3 rounds once more = 48 = 12-12-12-12 sts. **Next Round (dec):** 1st needle: knit to last 3 sts, k2tog, k1; 2nd needle: k1, sl1, k1, pss0, knit to end; 3rd needle: knit to last 3 sts, k2tog, k1; 4th needle: k1, sl1, k1, pss0, knit to end = 44 = 11-11-11-11 sts. Work 1 round. Rep last 2 rounds 2 times = 36 = 9-9-9-9 sts. Rep decs in every foll round to 8 sts = 2-2-2-2 sts. Break yarn, thread through rem sts, pull up and secure.

European Size	22/23	24/25	26/27	28/29	30/31	32/33	34/35	36/37	38/39	40/41	42/43	44/45	46/47
US Size	Child 6.5-7	Child 8-8.5	Child 9.5-10	Child 11-11.5	Youth 12.5-13	Youth 1-1.5	Youth 1-1.5	Youth 1-1.5 (W) 6	(W) 8 (M) 6.5	(W) 10 (M) 7.5	(W) 12 (M) 9.5	(W) 11,5 (M) 6.5	(W) 13 -14
sts to cast on/sts per ndl	44/11	48/12	48/12	52/13	52/13	56/14	56/14	60/15	60/15	64/16	64/16	68/17	72/18
sts for heel width	22	24	24	26	26	28	28	30	30	32	32	34	36
sts for heel variation 1	7/8/7	8/8/8	8/8/8	8/10/8	8/10/8	9/10/9	9/10/9	10/10/10	10/10/10	10/12/10	10/12/10	11/12/11	12/12/12
sts for under heel variation 2	8	8	8	8	8	10	10	10	10	10	10	12	12
Sts to pick up for gusset version #2	11	12	12	13	13	14	14	15	15	16	16	17	18
Length at which to begin toe in cm	11,5	12,5	14	14	15,5	17	18	18,5	20	21	22	22,5	24
Decreases for Toe After 1st decrease													
In 4th round								1x	1x	1x	1x	1x	1x
Every 3rd rnd	1x	1x	1x	2x	2x	2x	2x	2x	2x	2x	2x	2x	2x
Every 2nd rnd	3x	3x	3x	3x	3x	3x	3x	3x	3x	3x	3x	4x	4x
Every rnd	4x	5x	5x	5x	5x	6x	6x	6x	6x	7x	7x	7x	8x
Complete length of sock foot in cm	14,5	15,5	17	18	19,5	21	22	23,5	25	26,5	27,5	28,5	30

Abbreviations

beg	= beginning
dec	= decrease(s)/decreasing
fol(s)	= following(follows)
inc(s)	= increase(s)/increasing
k	= knit
k2tog	= knit 2 together
ndl	= needle
p	= purl
patt	= pattern
psso	= pass slip stitch(es) over
rem	= remain/remaining
rep	= repeat
rib	= ribbing
rnd(s)	= round(s)
RS	= right side
sl	= slip
sl st(s)	= slip stitch(es)
st(s)	= stitch(es)
St st	= Stockinette stitch (UK: stocking stitch)
tog	= together
WS	= wrong side

Difficulty

	easy
	intermediate
	difficult

